

## LOOKING BACK TO MOVE FORWARD

Resetting My Life – Part 4  
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“Search me, O God, and know my heart; test me and know my anxious thoughts; (ways of pain) and see if there is any offensive way in me, and lead me in the everlasting way.” Psalm 139:23–24 (NASB)

### GOD MADE IT CLEAR, WE HAD TO LOOK \_\_\_\_\_ TO MOVE FORWARD.

“Present your bodies as a living sacrifice. Do not be conformed to the world, but be transformed by the renewing of your mind.” Romans 12:1–2 (NASB)

#### Why look back?

#### Objections to looking back:

### THREE SKILLS NEEDED FOR HEALTHY RELATIONSHIPS

#### 1. DID YOU LEARN A WIDE RANGE OF \_\_\_\_\_ SO YOU CAN DESCRIBE WHAT YOU FEEL AND WHAT YOU NEED TO YOURSELF, GOD, AND OTHERS?

##### THIS REQUIRES:

- **Self-Awareness: Curiosity and vulnerability.**
  - Did you learn to describe your inner \_\_\_\_\_?
  - Were you taught to communicate this awareness to others in a non-reactive way?
  - Did you learn about the times your current feelings were fueled by historical wounds?
- **Other Awareness: Curiosity and non-defensiveness.**
  - Did you learn to put yourself in another person’s shoes? Were you taught to reflect on their perspective?

“My soul is deeply grieved, to the point of death.” Matthew 26:38 (NASB)

#### GROWTH GOALS: Learn to use the soul words.

Anxious, uneasy, preoccupied, scared, hyper-vigilant, weighted down, shocked, traumatized, grieved, angry, irritated, abandoned, disconnected, unwanted, sad, depressed, betrayed, duped, misunderstood, ashamed, embarrassed, invisible, forgotten, unimportant, despised, shame, confused, exhausted, let down.

#### 2. DID YOU LEARN TO MANAGE \_\_\_\_\_ EFFECTIVELY?

- A. How did your dad manage stress?
- B. How did your mom manage stress?
- C. Write down a specific stressful situation or event you recently faced.
- D. Using the soul words list above, write down three feeling words you experienced because of this stress.

i. \_\_\_\_\_ ii. \_\_\_\_\_ iii. \_\_\_\_\_

- E. What were your behaviors due to this stress? How did you manage the stress?
- F. Managing stress well is learning to deal effectively with difficult emotions.
- G. How did Jesus handle stress and difficult, uncomfortable emotions? (Matthew 26:36–46)  
Jesus sought relational relief versus non-relational relief.

#### GROWTH GOALS:

- Know your stress response. Confess to someone, ask for help and comfort.
- Recognize stress responses in spouse, friends, family. Invite them to share their feelings and how you may comfort them.

#### 3. DID WE LEARN TO ACKNOWLEDGE RUPTURES AND \_\_\_\_\_ THEM?

- Do you notice when a relationship has suffered hurt?
- Can you apologize if needed and take responsibility for your part of a conflict?
- Can you INITIATE a conversation to restore peace and understanding?

GROWTH GOALS: Ask family members, “What is one thing you would like to change about me?” Or “Is there anything between us that needs repair?” Listen, don’t debate, apologize.

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1. back 2. emotions 3. self 4. stress 5. repair

## 回顧過去，向前邁進

重啟人生 (四)

米蘭及凱伊·耶柯維奇

2022年5月21-22日

「上帝啊，求你鑒察我，瞭解我的心；考驗我，知道我切切記掛的。求你指出我裏面何處得罪了你，引導我走永生的道路。」 詩篇 139:23-24 (新普及譯本)

但上帝確實指明：我們必須\_\_\_\_\_過去，以便向前邁進

「...要把身體獻上，作聖潔而蒙 神悅納的活祭...不要模仿這個世代，倒要藉著心意的更新而改變過來...」 羅馬書 12:1-2 (新譯本)

為何要回顧過去？

抗拒回顧過去：

健康的關係所需的三種技能

1. 你學會了各種各樣的\_\_\_\_\_，令你能向自己、上帝和別人描述你的感受和需要嗎？

這需要：

- 「自我意識」：好奇心和敏感
  - 你是否學會描述「內在的\_\_\_\_\_」
  - 你是否被教導要以「非反射」的方式來傳達？
  - 你知否你現今的情緒是被過去的傷痛所觸動？
- 「他人意識」：好奇心和不自設防
  - 你學會了「換位思考」嗎？你是否被教導要思考他們的觀點？

「我心裡甚是憂傷，幾乎要死；你們在這裡等候，和我一同警醒。」

馬太福音 26:38 (和合本)

成長目標：學習採用心靈用詞的清單

焦慮，不安，分心，害怕，過度警覺，沉重，震驚，創傷，悲傷，憤怒，煩躁，被遺棄，切斷，不想要，悲傷，沮喪，背叛，欺騙，誤解，羞愧，尷尬，隱形，被遺忘，不重要，鄙視，羞恥，困惑，疲憊，失望

2. 你是否學會了有效地管理\_\_\_\_\_？

- A. 你爸爸是怎樣管理壓力？
- B. 你媽媽是怎樣管理壓力？
- C. 寫下近期一件帶給你壓力的事
- D. 使用以上心靈用詞清單，寫下三個描述你在這個壓力下的感受

i. \_\_\_\_\_ ii. \_\_\_\_\_ iii. \_\_\_\_\_

- E. 由於這個壓力，你有甚麼行為？你如何管理壓力？
- F. 管理好壓力，就是學會管理和處理困難的情緒
- G. 耶穌如何管理壓力、困難、不舒服的情緒？(馬太福音 26:36-46)  
耶穌尋求關係上的紓解而不是非關係上的紓解

成長目標：

- 知道自己面對壓力的反應。向別人坦白，尋求幫助和安慰。
- 識別配偶、朋友、家人的壓力反應。邀請他們分享他們的感受，以及你可以如何安慰他們。

3. 我們是否學會承認破裂，並\_\_\_\_\_它們？

- 你是否注意到關係受到傷害？
- 你能道歉，並承擔你在衝突中的責任嗎？
- 你能開始對話，以回到和平和理解嗎？

成長目標：詢問家人，「你想我改變哪一件事？」或「我們之間有甚麼需要修復？」聽清楚，不要爭論，只須道歉。

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1. 回顧 2. 情緒 3. 我 4. 壓力 5. 修復